

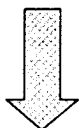
Coping with Chemotherapy



WORKBOOK

Daily Stress Management Diary

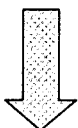
**DID YOU
PRACTICE
POSITIVE
THINKING
TODAY?**
(check one)



Yes No

X	
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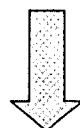
**DID YOU
PRACTICE
DEEP
BREATHING
TODAY?**
(check one)



Yes No

X	
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**DID YOU
PRACTICE
ACTIVE
RELAXATION
TODAY?**
(check one)



Yes No

X	
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Notes

Chemo today

**Today's
Date**

Wed.
4/12/06

Thurs.
4/13/06

Fri.
4/14/06

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